

Adonis Golden Ratio Supplementation Guide

CATEGORY 2 - PRIMARY GOAL
FAT LOSS



BY JOHN BARBAN

Adonis Golden Ratio Supplement Guide

Category 2 – Primary Goal Fat Loss

Based on your current measurements your goal should be primarily fat loss with a secondary goal of building muscle. I've worked with multiple supplement companies and I have put together a few items that I think will be the best possible option for accelerating the fat loss process and I'll explain them further in this guide.

The specific items I recommend for your current body measurements are from a company that I know and trust called Biotrust. I personally know the guys at this place and I can vouch for the quality and effectiveness of their supplements. I also know that choosing supplements can be a little overwhelming so I'm giving you a specific recommendation for just the items that I think will work for you given your current measurements right now.

Even though Biotrust doesn't really produce 'stacks' per se, I've gone ahead and built one for you that I think will be the most effective fat burning combination:

Fat Burner – Leptiburn is the specific fat burner I recommend for you at this stage.

Carbohydrate sensitizing supplement – IC-5 is a carbohydrate sensitizing supplement that helps you store carbohydrates as muscle energy instead of fat.

Protein - Low Carb protein blend

The rest of this manual will be a brief explanation of how these supplements work and how I recommend taking them. Ironically I think some of them work in a way that even the guys at Biotrust aren't really aware of.

As I've stated in other parts of this program you should always be training for muscle growth, however carrying excessive bodyfat can actually slow down your ability to gain muscle. This is because fat cells cause three major problems:

1. They convert testosterone to estrogen. This is obviously not good as testosterone is the most important muscle building hormone in your body. This is also why it's not a good idea to take testosterone boosters until you've stripped away some of the excess fat as it will just end up getting converted to estrogen. This is a vicious cycle because estrogen signals your body to store even more fat. You must break out of this cycle to have a truly lean ripped physique.

2. Excess bodyfat sends out protein signaling molecules (sort of like hormones) that make your muscle cells insensitive to insulin. This means that when you eat carbohydrates your muscles will have a hard time taking the carbs in for energy and instead more of them will get stored as fat. In other words, the more fat you have the worse your body is at burning carbs and the better it is at storing fat.
3. Increased systemic inflammation. This doesn't sound like much but I think it's the biggest problem to overcome when attempting to get rid of fat. It causes all kinds of problems including a further decrease in testosterone, a reduction in your muscles growth response to lifting weights, leptin resistance, even more insulin resistance, and poor recovery from exercise. I think increased systemic inflammation is a huge problem when trying to lose weight and build muscle. It'll essentially kill your ability to do either.

These are the three main issues with excessive fat from a hormonal standpoint and why excess fat will stall your muscle growth potential and also sap some of the energy from your muscles so you can't workout as hard. And I'm not even mentioning how excess fat simply doesn't look good, and puts a strain on your entire body.

The faster you can strip away this fat the better. Reducing your bodyfat as fast as possible will allow your testosterone levels to rise and kick start the muscle building process and it'll also allow your muscles to become more sensitive to insulin and carbohydrate foods. As you reduce bodyfat your body will become better at burning carbs for energy, this is why throughout this program your specific recommendations of how much carb and sugar you can/should eat changes as your body changes. The Adonis Golden Raito nutrition calculator will give you the correct amount of calories to eat for you to maximize fat loss without losing lean muscle, and you can accelerate the process with some targeted supplementation.

Inflammation Leptin and Testosterone Axis

Ironically, I'm suggesting a supplement to you called Lepti-Burn, and my reasons for doing so have nothing to do with Leptin.

But first, you may be wondering, 'What is Leptin?'

As I've just mentioned carrying excess fat is going to cause a systemic inflammation that will greatly reduce your ability to building muscle and even to burn fat effectively. This is because it causes certain cells in your body to become 'resistant' to certain hormones. Specifically it can do this to your muscles cells and insulin and leptin, and it can also cause your hypothalamus to also become resistant to leptin.

So what can you do about leptin?

When it was first discovered scientists thought leptin was the answer to obesity and weight loss, the optimism came from an early study where researchers injected obese mice with leptin and they magically lost all of the excess bodyfat. The researchers couldn't wait to try this on obese humans, but sadly the results weren't the same. As it turns out obese people actually already have abnormally high leptin levels. When a hormone is too high like that it means the body simply can't handle this chronic elevation and becomes 'resistant' to it. Once resistance occurs your body does a poor job of receiving or using the hormone. You've probably already heard of this concept with type 2 diabetes. Just to re-fresh; Type 2 diabetics are 'insulin resistant'. So no matter how much insulin the body produces the muscle cells don't 'receive' it very well if at all.

Back to leptin...

The theory goes that during a weight loss diet leptin levels will decrease causing your appetite to increase, your metabolism to slow down and fat loss to stall. So logically increasing leptin levels will help keep your appetite low, and maintain your metabolic rate and keep you burning fat (as the theory goes). The story isn't this simple because of leptin resistance, chronic systemic inflammation and low testosterone from carrying excess bodyfat. The problem is high leptin levels are linked to low testosterone levels, so you don't want leptin getting too high.

In summary having high bodyfat converts testosterone to estrogen, not good. It also causes over secretion of leptin, not good. It also causes systemic inflammation, leptin and insulin resistance...also not good. And finally, elevated levels of leptin cause decreased testosterone levels...you are creating a downward spiral of bad health and an unfavorable metabolic profile.

What the heck do you do?

The answer isn't to have zero bodyfat, or to have sky high leptin or even maxed out testosterone levels either. As you diet you also want to be sure leptin levels don't drop through the floor either as having very low leptin AND leptin resistance isn't healthy and can cause a host of metabolic problems too. The answer as with just about anything in your body is to find an optimal level of these metabolically influential hormones. In other words you want to return the balance of your hormones to an optimal level for vigorous health, you're looking for the sweet spot where things are just right. Not too high, not too low.

So how do you do this?

First you set up to reduce inflammation and get your hormones working for you to burn fat. I've managed to find a fat burner here that actually reduces a serious inflammation marker called "C-Reactive Protein" by over 50%. That is a huge reduction and that could go a long way to stabilizing your hormones, getting your leptin sensitivity back, normalizing leptin levels, and allowing testosterone levels to start to rise. These are all key ingredients to getting your body back on the fat burning path.

This is where the irony comes in. For all the benefits of this particular fat burner I think the people who made it didn't even realize what I think is the most important benefit that is causing it's fat burning effect...and that is it's ability to massively reduce systemic inflammation. No doubt it'll help you burn fat, there is research to prove it, but I think reducing inflammation is the key to it's effectiveness that nobody is really talking about.

Not too many people focus on this link between inflammation, leptin resistance and testosterone but I think it's actually the key to creating an optimal metabolism while you lose weight.

Look, anyone can crash diet, but you'll be throwing so many of these hormonal systems out of whack that you'll end up crashing at the end and gaining all the weight back. Hence the term "Crash Diet".

Dieting for weight loss is already a new stress for your body, and with stress comes hormonal imbalance. You should always be looking for ways you can maintain healthy hormonal balance throughout the dieting process to avoid any set backs or crashes.

This is why given your current measurements I suggest a fat burner that I think has the unique ability to focus on controlling the inflammation/leptin/testosterone axis instead of the highly stimulant based fat burners that competitive bodybuilders might use. The funny thing is, I doubt even the formulators of this product realized they hit on this key system for fat burning. It's not really in their marketing per se, but I never look at the marketing anyway. I just go straight to the ingredient list and the research, and bang there it was...52% decrease in C-reactive protein...as soon as I saw that I knew this was a solid formula and it's what you need now at your given measurements right now. The rest of the formula is certainly solid and a research trial shows an average of 28lbs of fat loss with the main ingredients in the formula. I believe the effect it is having is based on it's unique ability to reduce inflammation.

The other class of fat burners that I have helped developed for Bluestar are meant for people who are close to competition and are fully prepared to put their body through a serious shock. These other formulas don't take into account balancing hormones and reducing inflammation. They're primarily stimulant based and are not a good idea for you right now. Optimizing your testosterone and leptin levels by reducing your inflammation levels is the absolute best approach you can take to creating a 'fat burning metabolism' right now. And frankly given your current measurements you're going to

respond to a fat burner that has inflammation reducing and hormone balancing properties better than the high stimulant based formulas.

When you're closer to your golden ratio then you can start looking into adding other types of fat burners when your body is at a hormonally balanced level and can handle the higher degree of stimulants. Incidentally this is actually why many people who try to lose lots of bodyfat fail with bodybuilding style fat burners...their hormonal environment is not balanced yet and thus they react poorly to them.

Controlling Insulin

The first thing we talked about was inflammation leptin and testosterone. The next thing to consider is controlling Insulin. We've already talked about Leptin sensitivity but now you must also consider insulin sensitivity. Excess bodyfat can also cause insulin insensitivity as the fat itself releases protein hormones that cause your muscles cells to become resistant to insulin. In simple terms this means that less of the carbohydrates you eat can be stored in your muscles cells as glycogen for energy, and instead they get converted into more fat...which in turns causes your fat cells to release more of the hormones that makes this whole process even worse...again this is a vicious cycle you want to break out of.

When you're dieting to reduce bodyfat you'll be reducing the total amount of carbs and sugars you're eating but in order to accelerate the process you'll also want to kick start your insulin sensitivity. The goal is to have your body storing the carbs you eat in your muscles cells for energy to push through your workouts which will help you build muscle and burn fat. This will also allow your body to become better at burning bodyfat instead of storing it.

If you've already gone through the nutrition manual in this program you'll see that I don't tell you to completely eliminate sugar the way many other highly restrictive diets do, you can still have sugar but you have to be smart with the amount and when you eat them. Having a supplement that can boost your insulin sensitivity will be a huge bonus in the fat burning process because not only will it help you burn more fat but it'll also allow you to eat some sugar without throwing a monkey wrench into the whole process. Part of the key to successfully losing fat is to also enjoy the process and that is a big part of what an insulin sensitizing supplement can do for you.

[Click here to learn about Insulin Sensitizing Agents](#)

Protein

During a fat loss program protein is going to be one of your best friends. It satisfies hunger better than fat or carbohydrates, and it causes an increased 'thermic effect' from eating it. Thermic effect means your body burns more calories digesting protein compared to fat or carbs.

Fast and Slow Proteins

Different proteins absorb at different rates, whey protein being one of the fastest and micellar casein acting like a time released protein. For the purpose of fat loss you want a protein source that combines fast and slow proteins as it will deliver a steady stream of highly bioavailable protein that satisfies hunger and reduces food cravings for an extended period of time.

Bioavailability

Protein are rated on their 'bioavailability'. This is simply a measure of how much of a given protein source your body can absorb and assimilate into your muscles cells and other cells around your body. Whey, Milk, and Casein proteins are the highest bioavailable proteins you can get and a good protein product should have all of them. Using only the highest bioavailable proteins ensures that you're actually absorbing and using the protein you're paying for!

Taste

It seems like a minor point, but it's worth mentioning that you are going to want a protein that actually tastes good. Dieting for fat loss is already tough enough, you don't want to hate every protein shake you drink. Instead you should be looking forward to every shake as if you were 'getting away' with drinking an actual milk shake during your diet. Taste is definitely important.

These are the issues you're faced with and below are links to supplement formulas that I think can help you with each one.

[CLICK HERE TO LEARN ABOUT INFLAMMATION REDUCING FAT BURNER](#)

[CLICK HERE TO LEARN ABOUT CARB SENSITIZING AGENTS](#)

[CLICK HERE TO SEE PREFERRED PROTEIN](#)